

STEAK ON A STICK



CLOUDY

**MAKES: 10 to 12
skewers**

DIRECTIONS:

1. Cut the steak on the diagonal in 1/4-inch thick slices and place them in a plastic bag you can seal tightly.
2. Mix the remaining ingredients in a bowl, then pour into the bag.
3. Seal the bag with no air pockets, shake, and marinate in the refrigerator for at least 4 hours, or

INGREDIENTS:

- 1-1/2 pounds London broil or flank steak, about 1/4 inch thick
- 1/2 cup soy sauce
- 1/4 cup vegetable oil (optional)
- 1/4 cup water
- 2 tablespoons molasses
- 2 teaspoons dry mustard
- 1 teaspoon powdered ginger
- 1/2 teaspoon garlic powder

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DIRECTIONS:

- freeze until they are ready to use.
- 4. When you're ready to cook, skewer the meat ribbon style with 3 to 4 pieces on a skewer (soaked bamboo skewers work well).
- 5. Broil or grill the meat, about 3 minutes on each side.



This is this the meateaters kabob! If you like, try vegetables instead for "Veggies on a Stick"!

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